

L.I.F.E.

Grade 9 - Family Activity Book



willing to help	L	consideration
self-sacrifice		trust
sensitivity		caring
understanding		permanence
commitment		kindness
unconditional acceptance		forgiveness
		deep mutual respect

ecstasy	I	day dreams
kissing		love letters
joy		loss of appetite
exclusiveness		intercourse
excitement		intimacy
depression		jealousy
fickleness		hurt
interested in love		touch
		total involvement

laughter	F	freedom
acceptance		fun
dependability		ease
approval		challenge
companionship		openness
understanding		trust
		belonging

convenience	E	insensitive
blackmail		experimentation
abuse		mocking
arrogance		curiosity
pranks		manipulation
take advantage		use
take for granted		

L.I.F.E.

There are four basic kinds of human relationships:

Love: Love is the most beautiful, the most rewarding, and the most challenging of all relationships. Love involves mutual acceptance, respect, and trust. Love shows itself in commitment and a willingness to sacrifice for the one loved. Love is enduring, patient, forgiving, and encouraging. Love lasts through thick and thin. Learning to give and to receive love is the most important task any human being faces.

Infatuation (or being "in love"): Romantic infatuation is a relationship involving deep emotion and sexual attraction. Infatuation is exciting and all-absorbing. It is characterized by extremes of happiness and dejection, by exclusiveness and jealousy. Infatuation seeks expression in kisses, hugs, and touches. Infatuation is often called "love," but it isn't the same as love. Unless it is accompanied by real love, infatuation won't last.

Friendship: Friendship is comfortable and easy, enriching and fun. It is based on mutual trust, understanding, acceptance, and enjoyment. Friendship is not exclusive or possessive but leaves the other free. A person can have many friends at once, friends of both sexes, friends of all ages, races, and religions. Some friendships last a lifetime. The best of them grow into love.

Exploitation: Exploitation is a relationship based on selfishness. We exploit others when we use them to get what we want and don't really care how they think or feel. Exploitative relationships lack respect, concern, and commitment; they are deceptive and self-serving. Manipulation, ridicule, abuse, blackmail, pranks, vandalism, and casual sex are all forms of exploitation. If we are honest, we can discover some degree of exploitation in most of our relationships.

PARENT INTERVIEW

Teen get a chance to interview their parents with these questions:

- How old were you the first time you fell madly in love?
- Was the other person also in love with you?
- What kind of rules did your parents have regarding dating and parties?
- Who did you talk to about your romantic feelings? parents? friends? older sibling? nobody?
- What was breaking up like for you?
- How did you know when **being-in-love** had grown to **real-love** – so much love that you wanted to give your whole life to someone in the sacrament of Matrimony?



LETTERS FROM TEENS

I was involved in a relationship that I wish would never have had. He was always nice to me and would surprise me with gifts, like flowers. But he was very controlling and wanted me to spend all my time with him. One day I told him that I had been hanging out with some friends of mine. Then he hit me and hit me. I broke up with him after that. I really know what it feels like to be abused and used.

Anne - 15

I had a friend that had sex and deeply regretted it. Not only that, the girl told her parents and my friend was charged with rape. There is NO benefit that could outweigh those consequences!

Jake – 17

When I was 13, I made the mistake of not respecting myself. I had older friends who were doing a lot with guys. I felt like they were going to ditch me if I didn't do the same. So one night at a party I got drunk and hooked up with someone a lot older than me – I didn't even know him. Now two years later I look back at that moment and it still hurts.

Tina - 15

I am currently in a deep relationship with my girlfriend. I tell her that I would never do anything to hurt her and she promised me that she would never pressure me into anything. We have been together for a long while and have kept our promises. I am blessed to be with a girl who respects me and my choices.

Justin – 15

Relationships are a huge deal, no matter if they are with a significant other, a friend, or with a parent. The most important relationship to have, however, is one with yourself. Without that there is no basis on which to form other relationships. It's important to remember that relationships are a growing process. They only work if both parties are open and willing to contribute.

Sarah – 15

SAFETY EQUIPMENT ACTIVITY

1. SAFE INFORMATION

What are some important pieces of information that you never share with strangers?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

2. BACKUP

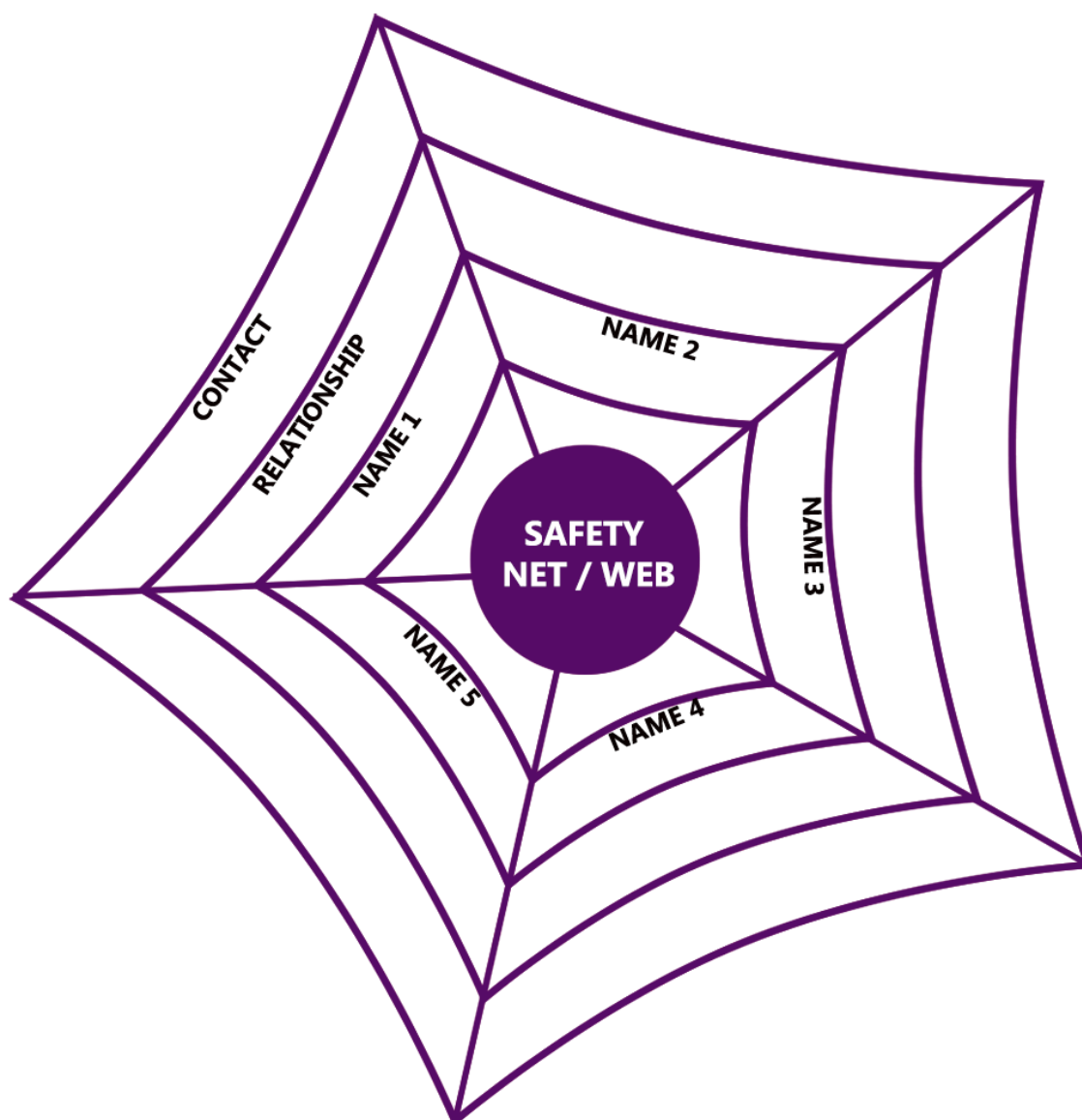
What are some guidelines you can follow when you go out to a place that is not your home or their school, to make sure you are safe?

- _____
- _____
- _____
- _____
- _____

3. SAFETY NET

Enter the name, relationship and the contact details of the people whom you would like to include into your safety net. It can include your parents, or just trusted adults with whom you can share your circumstances and believe can help you.

It would be great if you can fill 5, But if not 5 at least 3 names.



Sexual Exploitation and Sexual Abuse

Explain the following information to your child. Speak directly and calmly. These are not easy things to talk about, but your child has a right and a need to receive this information. You may wish simply to read this section to your child (or have him/her read it to you).

- What is Pedophilia?

Pedophilia is a serious psychological problem which causes an adult to be sexually attracted to children or teens and to look for opportunities to do sexual things with them. Adults who abuse children sexually are called *pedophiles*. Some pedophiles are attracted to boys, some to girls, and some to both. Some have the problem all the time, some only when they are drunk or high or when they are under very great stress.

- Who might be a sexual abuser?

Children are taught at a young age to be aware of strangers who might do bad things to them. But a sexual abuser is most often not a stranger but someone a child or teen knows and trusts. A sexual abuser might be:

- **Family Member:** Mother, Father, Brother Or Sister
- **Relative:** Aunt, Uncle, Grandparent, Cousin
- **Adult Leader:** Teacher, Coach, Scout Leader, Priest, Nun
- **Friend:** Neighbor, Friend Of Parents, Peer, Older Teen
- **Stranger:** Internet User, Neighbor, Truck Driver

- How does a pedophile operate? How do young people get pulled into his/her web?

A pedophile is usually a very slick operator. He/she is always on the lookout for young people he/she can use for sexual pleasure. He is usually not a big bad monster waiting in the bushes to attack you, but acts very kind and friendly. A sexual abuser knows how to gradually prepare you to accept his/her sexual advances. This is

called GROOMING. These are some of the things sexual abusers might do to entice a child or young teenager.

- Try to get you alone
 - Give you alcohol or other drugs
 - Promise to give you presents or privileges
 - Build your trust, also your parents' trust
 - Play on your natural curiosity about sex
 - Show you sexual pictures, movies, videos
 - Take naked or sexual pictures of you
 - Touch you in a sexual way
 - Ask you to touch them in a sexual way
 - Force you to do sexual things
 - Swear you to secrecy
 - Threaten to hurt you or someone else if you tell
 - Blame you; tell you that the sexual abuse is really your fault
 - Try to do it again and again and again
- How would a person *feel*/who has been (or is being) sexually abused?

The response of children or adolescents to sexual abuse is often CONFUSION. They may have negative feelings like shame, embarrassment, guilt, hurt, and betrayal. But they might also have some good feelings. Sexual touch is supposed to be a pleasant experience. The abuser may be gentle and seem to be loving. The victim might believe what the abuser is saying to them, and feel special and loved. Sometimes the victim doesn't realize until much later that they have been lied to and used. This confusion is one of the long-range negative effects of sexual abuse. Later in life, when the person is in a positive loving relationship, the memory of these negative feelings keeps coming back and making it difficult for the person to accept and give real love.

- What does a person who has been (or is being) sexually abused need to know?

Sexual abuse can cause serious traumatic problems in the life of a person who has been abused. Anyone who has been abused--or is being abused--needs to remember these things:

- God loves you very much, and wants you to be healed of the bad effects of this traumatic experience in your life.
- You are a good and loveable person. The person who abused you did a bad thing to you, but that did not make you a bad person.
- It is important that you confide in an adult whom you trust, and talk about the abuse. Those who love you can't help you unless they know what happened. If you tell someone and that person doesn't believe you, keep telling till you find someone who will listen.
- The sexual abuse is not your fault. An abuser will try to blame you for what happened, but the abuse is the adult's fault, not yours.
- Sexual abuse is like a serious wound that needs to be healed. The healing might take a long time and much counseling and guidance.
- If a friend tells you that they are being abused, you *must* find an adult who can help the friend. This is a problem that is much too big for an adolescent to try to solve.

PARENT'S FEEDBACK

Your feedback is valued!

We hope that the materials were helpful in facilitating discussions with your children on these sensitive issues. Please answer the following questions to help us improve and update the curriculum.

1. What were the topics that were most helpful to both you and your child? How has it helped you?

2. On a scale of 1 (low) to 5 (high), please rate the following:

	1	2	3	4	5
Usefulness of the material for discussions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Quality of information in the curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Real life application	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. How can we make this curriculum more useful to you?

4. Did you face any difficulties while discussing the topics? If so, please describe.

5. Would you recommend this to other parents? Why or why not?

TEEN'S FEEDBACK

1. How well did you understand the four kinds of relationships?

2. Did you understand the topic of sexual abuse by adults and were you comfortable discussing about this with your parents?

3. Have you got a clear idea about the three categories of abuse of teens by other teens?

4. Are you confident to Resist Abuse/Exploitation?

5. How well did you fit yourself into the Safety equipment activity?

6. Did you respond positively to the Closing Prayer and Parent Blessing?

PRAYER

Love is always patient and kind;
Love is never jealous;
Love is not boastful or conceited,
It is not rude and never seeks its own advantage;
It does not take offense or store up grievances.
Love does not rejoice at wrong doing,
but finds its joy in truth.
It is always ready to make allowances,
to trust,
to hope,
and to endure whatever comes.
As it is, these remain:
Faith, Hope, and Love,
the three of them;
and the greatest of them is

LOVE.

1 Corinthians 13:4-7, 13 (NJB)